

Thursday

Portfolio Day

Bring info on a jump drive

10 Computers Booked/ Lap Tops encouraged

8 students doing College/University Info Sessions

All students without 5 letters complete MUST be in Rm. 144

over the lunch hour until 5 letters are complete *starting tomorrow*

- Call Home for Portfolio Progress update

Next unit Nutrition

Bus leaves at 11:15 Monday for Peak Performance

VO₂ Handout and Text Questions

Nov 30-12:19 PM

Nutrition for Performance

Macronutrients

Carbohydrates

Fats

Proteins

Micronutrients

Vitamins and Minerals

provide energy and allow regular body processes

listed p143 text

Apr 13-12:56 PM

Fats

What is it?

Fats provide the greatest source of energy/fuel for the body

Fat molecules are made of three fatty acid chains joined to a smaller molecules called a glycerol molecule.

The larger the fatty acid, the more energy is stored in the molecule.

Fat is important to our diet because it provides a lot of energy and also because it holds essential 'fat soluble vitamins' which we could not get from any other source.

Two common types; Saturated and Unsaturated

Apr 13-1:00 PM

How Do We Get Energy From It?

Your liver produces a substance called Bile which breaks down the fat so that it can be absorbed in the small intestine. after it is broken down and absorbed, it travels through the lymphatic system before it is passed into the bloodstream. Here it is carried on lipoproteins, on the way to the cells to be converted to glucose. Where it's energy is either released or stored.

Where?

Oil, Shortening, Margarine, Butter
Meats, Whole Milk, Cheese, Cream, Eggs
Fried Foods, Gravy, etc.

Dangers!

When fats are carried through the bloodstream, the saturated fats are packaged as Cholesterol and they travel on HDL or LDL carriers.

HDL(good guys) can carry lots of cholesterol and usually arrive at the cells with very little spillage in the bloodstream.

LDL (bad guys) can only carry a small amount of cholesterol and therefore drop small deposits all over the walls of the arteries. The deposits grow and eventually narrow the passageways for the blood, making it harder for the heart to pump blood.

Artherosclerosis

$\frac{HDL}{LDL}$ Ratio $\rightarrow \uparrow$

Apr 13-1:44 PM



Dec 11-1:47 PM